WISCONSIN BEHAVIORAL RISK FACTOR SURVEY

The 1995 Wisconsin Behaviorial Risk Factor Survey (BRFS) data set is now complete. These findings are based on responses of 2,210 adults (age 18 and older); results were weighted to represent he 2.6 million adults ages 18-54, and 1.1 million age 55 and older, iving in Wisconsin households.

HEALTH STATUS

	Ag All Adults			Age Groups		55 +	
	%	(+/-%)	%	(+/-%)	%	(+/-%)	
Health in general is:		*		*		*	
Excellent or Very good	59	2	66	3	43	4	
Good	30	2	29	2	35	4	
Fair or Poor	10	1	5	1	21	3	
Number of days during the past 30 that your							
mental health was not good:							
0 days	63	2	58	2	75	3	
1-5 days	24	2	28	2	14	3	
6-30 days	12	1	14	2	8	2	
physical health was not good:							
0 days	63	2	64	2	62	4	
1-5 days	20	2	24	2	12	2	
6-30 days	15	1	11	2	24	3	
health kept you from doing your usual activities (persons with 1+ days poor mental/physical health):							
0 days	61	2	61	3	58	6	
1-5 days	23	2	26	3	16	4	
6-30 days	15	2	12	2	24	5	

RISK FACTORS FOR CHRONIC DISEASE

	Age Groups							
	All Adults		18-54		3	55 +		
	<u>%</u>	(+/-%)	<u>%</u>	(+/-%)	<u>%</u>	<u>(+/-%)</u>		
 Health professional has ever diagnosed: 		*		*		*		
High blood pressure	23	2	15	2	41	4		
High blood cholesterol	21	2	15	2	35	4		
Diabetes	4	1	2	1	11	3		
• Current cigarette smoker: Percent of current smokers who quit smoking 1 day or longer	22	2	27	2	10	3		
in past year:	42	4	43	5	36	10		
• Former cigarette smoker:	28	1	22	2	41	4		

TOBACCO USE/OPINION

• Smoking in indoor work areas is allowed:						
without restrictions	3	1	3	1	3	4
only in designated areas	54	2	56	2	51	4
not at all	40	1	39	2	42	4
 Support increased tax on 						
cigarettes:	74	2	75	2	71	4

QUALITY OF LIFE FOR OLDER ADULTS

	Age 60 and Older						
	Total		Male		Fema	<u>ale</u>	
• Need help with personal care (eating, bathing, etc.)	5	2	5	3	5	2	
• Need help with chores, business (other than							
personal care)	15	3	9	4	19	4	
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	Time in Past Month						
			Part		All		
	No	%	of	%	of	%	
	Days	(+/-)	Mo.	(+/-)	Mo.	(+/-)	
• Age 60 and older who felt:		*		*		*	
very healthy	15	3	45	4	34	4	
it was hard to do usual							
activities due to pain	75	4	14	3	9	2	
sad, blue, or depressed	66	4	28	4	3	1	
worried, tense, or anxious	59	4	30	4	5	2	
did not get enough rest	60	4	33	4	5	2	

FINDIN

- Health insurance co All year
 Part of year
 None
- In the last year had Routine check-up Pap smear (Female Clinical breast exa Mammogram (F 50
- Current cigarette sı Male Female
- Overweight Male Female
- In the past month.....had 60 or more c Male Female
 - ...had 5 or more dr one occasion: Male Female
 - ...drove after havin much to drink: Male Female
- Does not always us safety belt: Male
 Female

^{95%} confidence interval.

ADDITIONAL INFORMATION:

The Behavioral Risk Factor Survey is a representative, statewide L telephone survey of Wisconsin household residents 18 years and older. Respondents are selected through a stratified random sample and results are weighted to account for both nonresponse and sample design, and to adjust for the age-sex distribution of Wisconsin's population. The survey questions were designed in cooperation with the U. S. Centers for Disease Control and Prevention. Survey sampling and interviewing were conducted by the Wisconsin Survey Research Laboratory, University of Wisconsin-Extension.

In 1995, 1,569 respondents were 18 to 54 years old, and 641 were 55 or older (of these, 514 were 60 or older). There were 1,562 respondents in 1994 and 1,260 in 1990.

Columns labeled (+/-%) indicate the 95% confidence interval associated with each estimate. For example, for all adults whose health is excellent or very good (59%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (57%-61%).

"Personal care" includes tasks such as eating, bathing, dressing, or getting around the house (activities of daily living).

The Centers for Disease Control and Prevention provided the

following definitions: **Smokers** are those who smoke currently and have smoked more than 100 cigarettes in their lifetime. Overweight is defined by the Body Mass Index (BMI), a calculation (weight in kilograms divided by height in meters squared) using self-reported height and weight. A BMI greater than 27.3 for females and 27.8 for males is considered overweight. The at-risk population for safety belt usage is respondents who reported that they "sometimes," "seldom," or "never" wear seat belts when driving or riding in a car. A drink of alcohol is defined as one can or bottle of beer, one glass of wine, one can or bottle of

For additional information about the BRFS, call Fred Krantz at 608-267-7264.

wine cooler, one cocktail, or one shot of liquor.

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